

A-Z For Self Success

The complete A-Z guide to become a self success!

Ross Temple.

YOU ARE HERE TO BE A.. *Self Success*

Ross Temple here, a thank you and congratulations for downloading this e-book which is going to give you the complete guide for self success!

The A-Z for self success, is going to give you short paragraphs of information which is vital to your self success. Set out in the format of the alphabet, you can choose to read the e-book in one day or make your way through the A-Z day by day.

Either way I know you will love this, I wish I would of had an A-Z to help me get from a place I once was, full of frustration and general torment of wanting to become the best version of me, to reaching and progressing towards my ideal life, my definition of self success!

If there is anyway in which I can improve this please do not hesitate to contact me @ info@rosstemple.co.uk

A – Attitude

Your attitude towards the world is simply this, how you think and feel towards everything! Attitude towards life in general has to be controlled in order for life to respond to you fully and positively.

B – Be The Best

No matter what it is you do or want to do in life, become the best in your field. This is important for two reasons, in order to be known as the best you have to be the best – as obvious as this may sound you will never be the best just by thinking about it alone. The second reason is because people who are the best are rewarded the most both in terms of achievements and on a monetary basis.

C – Confidence

Develop a high level of confidence in life, without confidence you can become inferior of others and cower down the obstacles and challenges you may be faced with. Keep confident and push forward!

D – Dedication

Dedication over dabbling is a rich results driven formula. No matter what you currently do or want to do you must pick dedication over dabbling, dedication will always help you climb the mountain of success, adventure and the gaining of world class performance.

E – Explore

Exploration of different places, peoples, food and paths of life all do the same thing – they help you to find you! It's difficult to find yourself if you constantly play victim or ravel in what you currently know. Explore life, all aspects of it and find what the real you loves!

F – Focus

Focus is the ultimate key to success in any area of your life. You must remain focused on what it is you desire, without focus you got fall victim to merely 'chasing nothing' rather than achieving your set focus.

G – Go get it

Make plans, write down ideas, analyse and question yourself as much as you want but make sure you physically go get it, go get it because if you don't you won't gain momentum and the results needed to contribute to your progress and self success.

H – How?

No matter what area of your life you want to master whether it's personal, relationships, career etc do not be afraid to ask others HOW? How are they gaining the results they're currently experiencing, as long as this is similar to what you would like to experience, you will find a wealth of information which will help you along the way, as long as you ask!

I – Identity

The beauty of life is that you can choose the person you want to become. Form your identity to fit, how you will talk, stand and your general conduct yourself, I personally feel this is great for self success as you create your own identity.

J – Jump for joy!

Wake up in the morning and literally jump for joy! This will support motivation and excitement about the day which lies ahead. As Anthony Robbins says “Motion equals emotion”. In other words when we demand from ourselves the feeling of joy and jump with excitement for life, life will respond to us and provide us with more and more joy to experience.

K- Key performance indicators

Within business this term is used a lot, the reason why this is so powerful is because it keeps a track of progress made. As it suggests it indicates key performance ‘check points’ if you like, in order for you to monitor how far you have come and what the necessary next steps are to achieving your definition of self success.

L- Learn non stop

When you give up on learning, when you give up on mastering your field of expertise, when you give up on pushing your boundaries of knowledge, you will begin to cease. You must commit to never ending learning and educating yourself in life.

M- Money, Money, Money

Money is an essential part of life, in my opinion it's important because it offers you choice, freedom and a form of trade for material things that you may desire in life. You must have a good relationship with money in order to both create it and maintain it. Many people have a bad relationship with money and decide to waste every penny they receive. Instead, spend a little, save and invest a lot. Love money and money will love you.

N – Never, ever give up!

By giving up guess what you will achieve nothing...I know this sounds a little bit harsh but it's the truth. Yes, there will be times when you want to give up, there will be times when it all seems too much and there will be times when you feel like you are making no progress – smash thorough this and keep going you can and you will, as long as you do not stop!

O – Optimistic

Optimism is a driving force which smashes through obstacles, self doubt and excuses. It helps to produce the feeling of that you are in control and that with optimism you will create the results you want to see.

P – P's of success

Passion – without passion it's a little difficult to produce anything which is above the mark of mediocrity, when we act with passion this creates enthusiasm and without this we only do what's necessary rather than what is world-class.

Productivity – Productivity is the mother of progression towards anything in life, the reason being is that if you are not progressing in the direction of what you want to achieve then momentum is not in place. Without productivity which is the act of arranging your resources and taking part in action, progression and momentum is absent all of which keep you at your current position.

Patient – Be patient in life, this does not mean sit round all day waiting for things to happen to you. You must be patient and have a positive expectation that what you desire will manifest, only with the ingredient of action.

Presence – This is the art of being right here, right now! You may be asking “what the hell is Ross going on about?” the art of presence is simply this, the past is just a memory and the future is an illusion, all that fully exists is this moment, the present moment, right now!

Q – Quality

Never look for quantity of workloads, interests and projects you are trying to complete, instead take that one idea, that one interest, that one project and produce quality, world class quality. This will bring you a massive sense of achievement. and always remember a premium is paid for quality!

R – Respect

Everyone is on their own journey, their own paths of interests, passions and goals. Just because someone may not be on the same path as you does not mean they are going in the wrong direction. Acknowledge others, respect their decisions and stay respectful to all you are surrounded by e.g. people, nature, and the universe.

S – Self Discipline

Probably one of the most vital parts of self-success, self discipline will get you from where you are to where you want to be. No matter in what context this is a fact, instead of watching the t.v. go out for a run if you want to lose weight. You want a new career? Instead of watching youtube for two hours on cats which do funny things, study something in your new area of interest. Be self disciplined and you will reap the rewards.

U – Uniqueness

This is exactly what YOU are...unique! You are here in your physical being to be you, not to be anyone else, not to be your parents, not to be your friends but to be you! Love yourself and know that you are unique in a world where others are trying to be like one another. Stand out from the masses and master your life.

V – Victim Mentality

Adopting the victim mentality of “I could be that but...If I had, then I could of...I would love to be but” all of these are excuses, no what you want, learn, do, change and continue and you will be all that you expect and deserve to be. Excuses are no longer part of you or your life mission.

W – Walk Alone

This may sound a little scary but I will explain. It's great to be surrounded by family, friends, mentors and partners but what it all comes down to essentially, is you and your decisions. See what you want may not be what others do, this does not mean argue with everyone but what it does mean is do what makes you happy, this is your life, your chapters of a story, your journey all of which you create based on your preferences.

X-Ray Vision

Look through any obstacles, set backs or road blocks which you think are in your way. When you give up you gain nothing! So look forward and through the ‘troubles’ and stay focused on your definition of self success!

Y- Yourself

We must always contribute to the lives of others but the main point of this is to take care of you! Take care of your ambitions and goals, protect them from the opinions and criticism of others and keep yourself happy along your journey.

Z - Zzz time

You have to know when its time to give yourself a rest! Life can sometimes feel like its just go,go,go. So give yourself the time to recharge and take a break from it all. Rest is an essential ingredient to becoming your definition of self success!

This publication has only been designed as a guide and does not make any promises or guarantees for individual results or outcomes . Persons results will vary in life as a result of their own effort and actions. The author and publisher specifically disclaim any liability that is incurred from the use or application of the contents of this ebook.

Copyright © Ross Temple. All rights reserved.